



CAL REIET

HOLISTIC RETREAT

## “Joyful Summer Retreat”



INA KESS  
SWITZERLAND



CAL REIET  
HOLISTIC RETREAT

with Petra Bensland & Verónica An

17<sup>th</sup> – 24<sup>th</sup> June 2022



Carrer Cal Reiet 80, 07650 Santanyi, Mallorca, Spain  
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## DESCRIPTION

Summer is the time to enjoy and celebrate. That is why high spirits, lightness and pure joie de vivre are the focus of this cheerful and colorful program.

During the retreat we will practice joyful Yoga together, experience meditation easily and playfully and enjoy cooking with local organic products.

There is still enough time to relax by the pool or with one of the numerous massages and holistic treatments at the hotel, to explore the beaches in the vicinity or to experience the popular weekly market in Santanyi with all your senses.

In June, the island awaits with wonderful summer weather and Mediterranean serenity. Take the opportunity to leave everyday life behind you for a while in this dreamy hideaway, also our collaboration partner from INA KESS, a Swiss athletic leisure wear company will present their cloth & philosophy with us.

The retreat takes place in German and English and is also suitable for beginners

## DAILY PROGRAM

**08:00 – 09:45**

Meditation & Yoga

**10:00 - 11:00**

Breakfast

**11:15 – 16:30**

Cooking workshop / Treatments & Free Time

**16:30 – 17:45**

Yoga & Pranayama

**18:30**

Dinner

**20:00**

Singing Bowl / Yoga Nidra / Shamanic Fire Ritual

## Who we are

### **Petra Bensland** Yoga & Essential Psychotherapy

Petra Bensland is an experienced RYT 500h Vinyasa and Hathayoga retreat teacher, who has studied with well-known teachers like Sri O.P. Tiwari, Paul Dallaghan and Michael Hamilton. The co-founder of Cal Reiet and Yoga Elements Zurichsee focuses on clarity, strength & flexibility with the tools of breathing, ancient wisdom, meditation & chanting.

Petra is a mother of three grown-up children, is officially on the Yoga path since 2009 and has dedicated her life to conscious living ever since. Her development in Buddhist mind training and western psychotherapy is designed to help dissolve incoming emotional and cognitive patterns and to release healing qualities such as love, compassion, openness & wisdom.

### **Verónica An** Yoga, Qi Gong & singing bowl therapist

Veronica Is a RYT 500h Hatha Yoga teacher, trained in Rishickesh, India, where she also attended classes with the well known teacher Surinder Singh at his school by the Ganga River city, although her personal practice has been linked more to Asthanga Yoga, easily recognizable in her classes. Her personal practice include Bhakti Yoga where her intuition and Inner Gurú guide her through devotional chanting along with the harmonium.

Verónica is also a professional Sound Healing therapist and Master Gong certified by the International Academy of Sound Healing (IASH), India, feeling always amazed by the healing Power of Sound and Vibration.

Before Yoga became her dharma she trained Shaolin kung fu and other Chinese disciplines more than a decade. In this period she received the notion and practices of the Art of Qi Gong and Daoism philosophy, with a special personal attention to the hidden Taoism woman's practices. With a great body discipline and many experiences being a "forever student", Verónica share her gifts with an open heart through Yoga and Sound.

### **Ina Kess** Switzerland, athletic couture

Ina Kess was founded in 2015 by Katharina and Isabelle Staub. Focusing on comfortable yet elegant wear for everyday use, they realized that material and fit were the key decision drivers as to why women choose what to wear. The Swiss heritage ensures a clean design language with a core focus on quality. And a European-based material and production focus enables these high standards that INA KESS vows to. Katharina and Isabelle have created a solution for many women to dress with intent yet without losing their sense of style.



# CAL REIET

H O L I S T I C R E T R E A T

## PRICING

### 8 days / 7 nights retreat

Single room – 2.750 €\*  
Double room – 2.015 €/person\*

#### What is included:

7 nights' accommodation at Cal Reiet Holistic Retreat  
Vegetarian/Vegan Brunch and Dinner  
Yoga and meditation program as described in the daily schedule  
Vegan cooking class with Rosa Asturias  
Farewell fire ritual

#### External participants (not staying overnight):

1.060 €/person  
(Includes everything mentioned above - except accommodation)

\*Prices are based on room category “Deluxe Double Room”.  
Furthermore, upon availability, you have the following options:

Standard Room: 2.630 € (single room), 1.955 € /person (double room)  
Luxury Room: 2.990 € (single room), 2.135 € /person (double room)  
One Bedroom Suite: 3.050 € (single room), 2.165 € /person (double room)

## REGISTRATION & PAYMENT

To make your reservation, please contact [enquiries@calreiet.com](mailto:enquiries@calreiet.com) or alternatively call us at (+34) 971 947 047.

We charge 500,- € deposit when booking up to 3 months in advance to guarantee the room. Three months before the retreat the remaining amount will be charged.

### **Our account details:**

IBAN: ES80 0019 0086 15 4010067913

BIC/SWIFT: DEUTESBBXXX

Bank: Deutsche Bank

Beneficiary: Cal Reiet Mallorca SL

After receiving your payment CAL REIET HOLISTIC RETREAT will send you a booking confirmation. By doing the payment for the retreat reservation you accept the cancellation policy stated below.

### CANCELLATION POLICY

There will be no refunds or discounts for arriving late, leaving early, flight cancellations, travel delays or illness. We do not accept any liability for failure to provide the services contracted or any of them due to circumstances beyond our control. To the extent permitted by law, Cal Reiet do not accept any liability arising out of any occurrences beyond its control including but not limited to acts of terrorism, acts of God, flood, war, strikes, riot, theft, delay, cancellation, civil disaster, government regulations or changes in itinerary or schedule (collectively, “Force Majeure”).

If you cancel the retreat for any reason, the cancellation policy below will apply, with no exceptions:

### IF YOU CANCEL YOUR RESERVATION:

If you cancel more than three months in advance – we will charge 150€ as an Administration Fee. The remaining amount (350,00€) will be refunded.

If you cancel between 30 and 90 days prior to retreat start, we will transfer 100% of the deposit paid towards a new retreat or private booking.

If you cancel up to 3 weeks prior to retreat start, we will transfer 75% of the deposit paid towards a new retreat or private booking.

If you cancel up to 2 weeks prior to retreat start, we will transfer 50% of the deposit paid towards a new retreat or private booking.



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H O L I S T I C   R E T R E A T

If you cancel up to 1 week prior to retreat start, we will transfer 25% of the deposit paid towards a new retreat or private booking.

If you cancel less than 1 week prior to retreat start, no refund will be given.

To cancel please send an email stating that you wish to cancel your booked retreat to [enquiries@calreiet.com](mailto:enquiries@calreiet.com).

In the event that Cal Reiet Mallorca S.L. by forces beyond its power needed to cancel all services stipulated under the contract, Cal Reiet Mallorca S.L. reserves the right to postpone the booking by offering alternative dates and transferring the full amount of the deposit received towards the new booking.

We look forward to having you with us!

